

Issue 27, April 2022

# Family Trove

Nurturing Christian Families & Community



See Judge Act

We are  
an EASTER PEOPLE  
and HALLELUJAH  
is our song!

POPE JOHN PAUL II

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“We are an Easter people and Alleluia is our hymn of praise!” - St. Augustine was the first to proclaim this fact in an Easter Sunday sermon to the Catholic people of his Diocese of Hippo.

What St. Augustine meant was simply this: their faith in Jesus, Crucified and Risen, must be lived by imitating Him in daily life by the way they spoke, thought and acted. Anything else was a betrayal of Jesus and their faith. It was true then and is just as true today.

St. John Paul II referenced these words, prefacing it with the following clarification: “We do not pretend that life is all beauty. We are aware of darkness and sin, of poverty and pain. But we know Jesus has conquered sin and passed through his own pain to the glory of the Resurrection. And we live in the light of His Paschal Mystery – the mystery of his Death and Resurrection.”

Wishing every CFMer and their families a very Happy Easter.

Evelyn Coutto  
Editor





For He has rescued us from the dominion  
of darkness and brought us into the  
kingdom of the Son He loves, in whom we  
have redemption,  
the forgiveness of sins.

Colossians 1:13-14

WISHING YOU ALL A

Happy Easter

NOEL PALHIA & FAMILY

CFM MUMBAI





# From the President's Desk



Ninfa & Remedios Da Silva, National President Couple

Dear CFMers,

No one who truly receives Jesus in their life remains the same. The encounter with the risen Lord is a life transforming encounter. And St. Paul underlines it when he affirms: *“If Christ has not been raised, then our preaching is in vain, and your faith also is in vain. If Christ has not been raised, your faith is vain; you are still in your sins.... But now Christ has been raised from the dead. He became the first fruits of those who are asleep (1 Corinthians 15:14, 17, 20).*

Here we are, in the Easter season. The darkness of Lent and the Passion are over and it's the joy of a new beginning, new light of hope. The resurrection is not only central to our faith but it is its reason of being: no resurrection, no faith. The mystery of the Incarnation is inseparably linked to the crucifixion, and both are necessary which is the heart of the mission of Christ. Easter shows us this light, and shows us the magnitude of what happened all those years ago, and what it means for us.

Just as the lives of the disciples were transformed when they experienced the risen Lord in their community, as CFMers, let us learn to recognize the presence of Jesus in our own homes, workplaces and our community. These are the places where we have the opportunity to touch lives, change stories, implant faith and make lasting impacts for the glory of God.

We need to rise up to Christ! As we write these few lines, we hear about the difficult times our brethren in Sri Lanka are facing. Let us keep them in our prayers and let Christ work through us to help them amidst their sadness.

By now we are all familiar with the theme of the upcoming 16<sup>th</sup> Synod of Bishops. “For a Synodal Church, Communion, Participation and Mission”. Synodality indicates walking together and listening to one another but above all to the Holy Spirit. All are called to take part in the Church's life and mission. As CFMers, may we involve ourselves deeply.

The X World Meeting of Families is scheduled from June 22 to 26, 2022. The theme is Family love: a vocation and a path to Holiness. Seven catecheses have been designed to accompany this event, as a spiritual journey to follow the meeting. While the main event will be held in Rome, attended by delegates from global Episcopal Conferences and representatives from international movements involved in pastoral care for families, each diocese is also invited to organise similar events in their own local communities. As Pope Francis said, “May this be an opportunity provided by Providence to create a worldwide event that can involve all families that would like to feel part of the ecclesial community.”

Wishing you all a blessed Easter season,

*Ninfa & Remedios Da Silva*

National President Couple – CFM India

# HAPPY EASTER

from  
Judy & Richard D'Souza  
and family

# Note from the National Chaplain



Friar Sidney J. M. Mascarenhas, O.F.M., Ph.D., National Chaplain

## The Synod towards Easter 2022 – during the Liturgical Year C

### 1.0. Introduction

The Roman Liturgy has Ash-Wednesday, Thursday, Friday, Saturday, followed by 5 Sundays of Lent/Weeks, Palm Sunday, followed by the Sacred Triduum (Maundy Thursday, Good Friday, and, the Easter Vigil) that precede the Feast of Easter 2022. All these days precede Easter Morning 2022. The People of God, the Church, Liturgically and Synodally, prepare for the great Mystery of Easter 2022! Why?

### 2.0. A Repsonse

I think the Key to answer this “Why” lies in the focus of each of the “Collect prayers” of these days. I will briefly highlight the focus in each of these Collect prayers.

#### 2.1. Ash Wednesday

The People of God, or the Church, begin with the blessing of the Ashes of the Palms of Victory. They are burnt and made ashes. These ashes are a mark of our repentance, our request for forgiveness, and, our preparation for the joy of Easter. On Ash-Wednesday, each person, is signed on the forehead, or these ashes are sprinkled on his/her head. While this is done: the priest says: *“Remember, man, you are dust and to dust you will return.”*



2.2. **The First Sunday of Lent** focuses on the Meaning of the Death and Resurrection of Jesus Christ. We are urged to reflect Jesus Christ’s Death and Resurrection in our own lives.

2.3. The **Second Sunday of Lent** asks God, our Father, to help us hear His Son, Jesus Christ, who enlightens us with His Word, and, helps us to find the way to God’s glory.

2.4. The **Third Sunday of Lent** teaches us to acknowledge our sins by prayer, fasting and works of mercy, Further, the liturgy pleads for confidence in God’s love whenever we are discouraged by our own weaknesses.

2.5. The **Fourth Sunday of Lent** or Laetare Sunday (Rejoice Sunday) calls God, our Father of Peace. We rejoice in His Word. His Word reconciles us to Him. We are called to hasten towards Easter with the eagerness of Faith and Love.



2.6. **The Fifth Sunday of Lent** asks God to help us to be like Christ, His Son, who loved the World. He loved all people. He died for our Salvation. The People of God, the Church, wish to be inspired by Jesus Christ's Love, and to be guided by His example.

2.7. **On Palm Sunday**, we acknowledge that God, our Father, has given the human race, Jesus Christ, His only Son. He is the Model of Humility. He fulfilled God's will. He became human. He embraced a shameful condemnation on the cross. He bears witness to God, His love for us, who incidentally, condemned Him to the then most shameful death! By following His example, we ask God to make us worthy to share Jesus Christ's Resurrection. In fact, it is the event of Easter that is the prime focus of all these Synodal days as far as the People of God, the Church, is concerned.

### 3. What is Easter?

Easter is the Holy Night, when Jesus Christ passed from Suffering and Death to Eternal Joy, from Death to Life! It is the "Pass-over," "the "Passage", the "Synod", "the Journey Together" from suffering to joy. It is the Victory of Life itself over Death. Easter is "the Light of Christ rising in glory!" Easter is the Risen Jesus Christ! All those who believe in Him, all Humankind, "who dispel darkness and narrow ambitions that darken our hearts and minds" and rise with Him. Easter is proclaiming in word and deed: "**Christ, our Light! Thanks be to God!**"

### 4. Easter 2022 for CFM in India.

We have been hit by Covid-19 over the last few years. Physical Meetings have not been possible. Yet, many groups have

been faithful. They switched over to "Virtual" or "Zoom" meetings. I like to congratulate and bless each group in India for their efforts and their "Synodal" spirit. Continue doing so!

Let us also cast the CFM net wide. We all know that the "Family" is the basic unit of any society. The CFM provides this basic unit in any society, the "setup" required to regularly spend "quality time together" in the home. **Include your kids in your meetings. Foster the CFM in your Families and in your Regions and local languages. Let CFM grow. Foster priestly and religious vocations in your families too. That will provide you with future priestly advisors!**

Let each unit, foster another three units in their regions in the honour of the Triune God – The Model Family! Let us grow out of our "cosy homes" and "languages." Let CFM India take up the challenge that Jesus, the Son of God, took up. Let CFM India also take up the pluriverse that India provides. Form groups in our various Indian languages. The Regional Units of CFM in India have a tryst to fulfil with the unique pluriverse found only in India.

5. Let the CFM in India not be just another club, pious or social organization in the Church of India. By its very name, Christian Family Movement, we are a Movement centred in Christ. Let the CFM in India invigorate family structures and life in India and show that "we are brought together in unity by the Holy Spirit."

6. Let this tryst with Mother India be the focus of Easter 2022 for all the CFM Units in India.

7. While I write these lines, the world is shocked once more with shells, missiles, and a needless war. Let us do our best to silence the guns, and listen to the mouths that thirst and hunger, the voices that cry, for food, shelter, justice and peace! Let us not destroy our Earth with our destructive man-made instruments like missiles and bombs. Easter is a time to raise our heads above our differences and converse about our diversities, and, not bury ourselves in self-made graves.

8. At Easter, CFMers also, specially remember all their near and dear ones “who have gone to their rest in the hope of rising again.” We recall all our CFMers, especially those during the past year, who have gone before us.

9. Easter also reminds us about the big role of women in the life and faith of the Church. The first witnesses of the Resurrection were women! (Mt 28:5ff) Further, Mary is the Mother of God, and the first among His believers!

10. Lastly, but not the least, Easter is putting off the lamp because we are in God’s Presence ever since.

**Let Jesus Christ be our Light! A fruitful Easter 2022 to all.**

**And through the Eucharist, Jesus is our “Happy Thanksgiving” and our daily Life and Joy!**



May God

grant you always...

A sunbeam to warm you,

A moonbeam to charm you,

A sheltering Angel

so nothing can harm you.

Laughter to cheer you.

Faithful friends near you.

And whenever you pray,

Heaven to hear you.

- an old Irish Blessing



The great gift of Easter is hope –  
Christian hope which makes us  
have that confidence in God,  
in his ultimate triumph,  
and in his goodness and love,  
which nothing can shake.

~ Basil Hume

**Happy Easter**



*From* MR. & MRS. SAVIO, GORETTI, SENOVA  
SANJOY & MELANIE FERNANDES  
Taleigao, Goa.

# 7 Things Easter Teaches Us About Marriage

Lisa Lakey

This time of year, we reflect quite a bit on the Easter story—the story of Christ’s betrayal, His sacrifice, His death, and ultimately, the Resurrection that changed the course of history and mankind’s relationship with our Creator. But what does this have to do with marriage? More than you might think.

If our marriage is meant to reflect the image of God, we have no better example than Christ, the living embodiment of God’s love. In His omniscience, God knew what marriage would take. Through His sacrifice, He showed us that our love for each other and even for Him wasn’t enough. We needed His love. We need Him.

Here are seven things we can learn about marriage from Easter.

## ***1. Betrayal can come from those we love and trust the most***

Jesus knew this all too well. Judas—one of the 12, the few in Jesus’ inner circle—betrayed Him by turning Him in to the chief priests. This man had walked long roads beside Jesus. Sat at His side and dipped bread with Him. To make the betrayal sting a little more, Judas identified Jesus to the authorities with a kiss (Mark 14:44).

Betrayal hurts. When it comes from someone we love and trust, it cuts all the deeper. And some of your deepest pain will likely come from your spouse. Getting betrayed or hurt is a risk we take in



marriage. No marriage is immune. But our response to the offense has to reflect the faith and trust we have in Christ. We can choose to love our spouse even when we feel betrayed.

## ***2. We aren’t above betraying the ones we love***

Peter was passionate about his relationship with Christ. When Jesus told Peter he would disown Him three times before the rooster crowed, Peter just couldn’t fathom it. “Even if I must die with you, I will not deny you!”, Peter told Him. Yet, before the night had ended, Peter “wept bitterly” after he denied His Savior not once, but three times (Matthew 26:34-75).

Matthew 26:41 tells us “The spirit indeed is willing, but the flesh is weak.” I can relate to that verse. I don’t ever want to hurt my husband. But I have, and I do. Sometimes it’s unintentional: My words often rush out before my brain can catch up. Other times, I know the words that cut deep and allow them to leave my lips

without fully assessing the damage they will cause. None of us are above hurting our spouse, no matter how much we try. Remember, “Pride goes before destruction, and a haughty spirit before a fall” (Proverbs 16:18).

### ***3. Others won't believe your marriage can be saved***

As they gazed upon the suffering Christ, the chief priests mocked Him. “He saved others; he cannot save himself,” they said. “Let the Christ, the King of Israel, come down now from the cross that we may see and believe” (Mark 15:31-32). The sad irony of their words is that because they refused to believe, they would never see their own salvation on that cross.

Our culture is a brutal place to try to save a dying marriage. Not only do an increasing number of people not believe in the lasting power of marriage, many will gladly take a front seat to watch your marriage die. They'll mock you and your spouse and say divorce is a better option. Protect your relationship by surrounding yourself with people who encourage your marriage rather than dragging it down.

### ***4. Marriage takes sacrifice***

Jesus knew what was coming. He prayed in Gethsemane, “My father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will” (Matthew 26:39). Later, before He was nailed to the cross, “they offered him wine to drink, mixed with gall, but when he tasted it, he would not drink it” (Matthew 27:34). The wine concoction offered to Jesus was one typically offered to slightly ease the pain of those condemned to death. Jesus refused to numb even a fraction of the sacrifice He was about to make.

It sometimes seems like a no-brainer that we would give our lives for our spouses. But what about in the day to day? Are you willing to sacrifice your comfort, your preferences, even being right for your spouse? On a much smaller level, sacrificing yourself for your spouse is putting their best interests above your own through a series of choices that can seem insignificant.

### ***5. Marriage takes forgiveness***

Jesus' sacrifice guaranteed God's forgiveness for those who love Him. Even through the pain of the cross, He called out on behalf of those who crucified Him. “Jesus said, ‘Father, forgive them, for they know not what they do’” (Luke 23:34).

Forgiveness isn't just something we've been given, it's also something we, as followers of Christ, are told to do. In Colossians, Paul says, “as the Lord has forgiven you, so you also must forgive” (3:13). Your spouse is going to mess up. A lot. You are too, perhaps even more. A good marriage involves a lot of asking for, giving, and receiving forgiveness.

### ***6. Marriage takes faith***

After the tomb was found empty, Jesus appeared to His disciples. Thomas wasn't there. And when the others told him they had seen the Lord, Thomas was sceptical. “Unless I see in his hands the mark of the nails, and place my finger into the mark of the nails, and place my hand into his side, I will never believe.” A week later, Thomas found himself face-to-face with Jesus, who offered his hands to Thomas. “Do not disbelieve,” Jesus told him, “but believe” (John 20:24-29).

There have been times it was a struggle to find the good in my marriage. It was like trying to find a match in the darkness.



I couldn't see things getting any better, and to be honest, I didn't always want to. Holding on when you want to let go takes faith. Even a little. When the disciples couldn't heal a boy, Jesus told them it was a faith issue. "For truly, I say to you, if you have faith like a grain of mustard seed, you will say to this mountain, 'Move from here to there,' and it will move, and nothing will be impossible for you" (Matthew 17:20).

Which brings me to my last point ...

### **7. We all need a Saviour**

The apostle John recorded the last words Jesus spoke on the cross to be, "It is finished" (John 19:30). Finished was His atonement for our sins. No one else could have paid the heavy debt we carried but the Son of God.

Marriage is a blessing, but make no mistake, it's hard at times. You and your spouse can't do it on your own strength and determination. Much like the criminal hanging next to Jesus who said, "Jesus, remember me when you come into your kingdom" (Luke 23:42), we need to recognize our need for a Saviour. And much like the disciples who were standing before their risen Lord, we need Him to breathe life into us (and into our marriage) with the Holy Spirit (John 20:22).

Your spouse needs Jesus as much as you do—no more, no less. Remembering this can help you view him or her differently. If your spouse is a believer, then they are no longer the sum of all their sins. If you are married to an unbeliever, then never stop praying for their salvation.

God used the death and Resurrection of

His Son to restore our relationship with Him. Do you doubt He can restore your marriage? Remember, the Easter story isn't one of death and defeat. No, it's a story of overcoming death in victory. With God, your marriage story can be one of victory, as well.

Source: Familylife.com



“Be KIND to one another,  
TENDER hearted,  
FORGIVING one another,  
as God in Christ  
forgave you.”  
Ephesians 4:32

Photo by Zoe Schaeffer on Unsplash



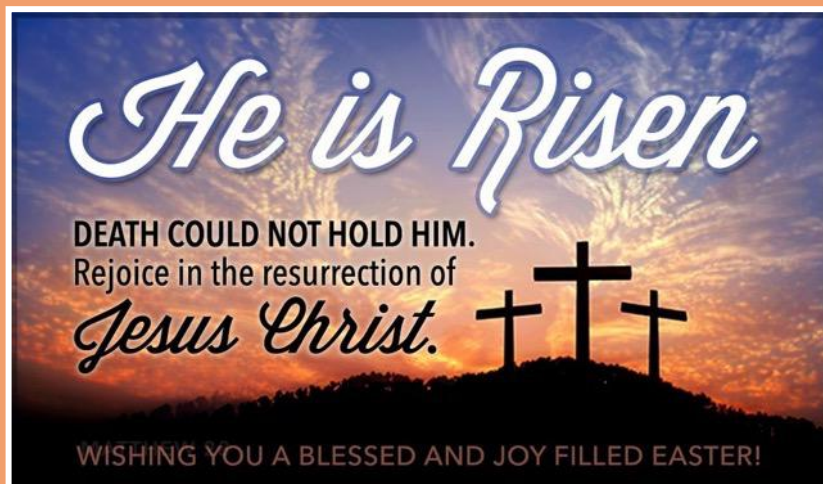
Wishing our darling  
Granddaughter,  
**KATELYN LOBO**  
a very **HAPPY 9<sup>th</sup> BIRTHDAY**



3<sup>rd</sup> April 2022

With love, from her grandparents,  
Basil & Blanche D'Souza  
CFM – Mumbai Region

Wishing all CFM members and their families  
a very **HAPPY & HOLY EASTER.**  
May the risen Lord continue to bless us  
with good health and happiness.



Basil & Blanche D'Souza  
CFM – Mumbai Region

# Parenting: A mix of Lent and Easter

Kate Wicker

“Mommy, why are you so grumpy?” my 8-year-old asks. I’m on a tear, gathering stray socks, shoes, and toys from the floor. Her question makes me pause. Why am I so grumpy? Why am I so fixated on the mess?

**During Lent we are invited to take a long, hard look at the mess, at our broken selves.** We are called to make tweaks with the hope that the 40 days will lead to real and lasting transformation. But on Easter we have a new mission. We are invited to look beyond the mess. We unearth our “alleluias.” We fill the starkness with flowers and pretty pastels and chocolate bunny rabbits. The darkness of the tomb is filled with radiant light.

**Parenting is an odd mixture of Lent and Easter.** Or at least it should be. But too often I’m too stuck in the Lent to notice the Easter all around me. I approach the drudgery of motherhood – and as much as I see my calling as a sublime vocation, there is a fair share of drudgery found in picking up toys and cutting food into choke-proof bits day after day after day – as an interminable practice of penance and sacrifice. I don’t let it change me, but I do allow it to frustrate me.

But we are an Easter people. We’re not Lenten people; Lent isn’t what defines us. It’s supposed to change us, yes, but, because of Christ nailed to a tree and



Photo by Ricardo Moura on Unsplash

made gloriously new in the resurrection, we are Easter people at our very core. We should always have “alleluia” on the tip of our tongue. A humble acceptance of our lot in life – the fact that my life as a mother to young children frequently revolves around my children’s bowel movements, sleep patterns, and a trail of clutter – is different than a state of disgruntled grumpiness or a begrudging acceptance of the status quo.

I love Easter. It’s hard to be grumpy when there are dark chocolate eggs to snack on, time with family, and a beautiful Easter Mass. On Easter it’s out with the grumbling, the toy-kicking. The house will



be almost clean. Outside, green shoots will start to poke through the dirt. My daughters will be clad in smocked dresses, and my son will look dapper in his pressed, plaid shirt.

**It's easy to be Easter people on the day itself.** It's just as easy to forget, though, that the Easter feasting lasts 50 days liturgically. And how many of us really remember that we're an Easter people all day, every day? Hope abounds. It is not a hope based on a superficial optimism that is blind to the reality of suffering in the world. Rather, a deep trust in God and His love for us. This is not a season for despair. Easter calls us to embrace the freedom from fear, and to hold onto the life, the peace, and the joy that Jesus died to give all of us.

My heart has its ups and downs. My life is unpredictable. There is plenty of discord in my home: unkempt rooms, upturned toy baskets, sibling squabbles, and meltdowns from both my children and me. My faith isn't as steady as I'd like it to be. My inner control freak is perpetually frustrated and challenged because I cannot will my children to do much of anything at all. Yet, **Easter season is a good reminder for me as both a mother and a child of God that the only one who can rob us from the joy that comes with being a Christian is ourselves.** We are sure to lose much in life and far more than toddler socks. We lose jobs, loved ones, financial security, freedoms, good health, confidence in our future happiness and in the path of our life. Then there is God. He remains. He does not shift with the wind or with our woes. He is forever. Love is forever. No one can take that away from us. I need to bury my doubt and yes, my vision of having a perfect, clutter-free home and let God and love live amidst the chaos.



## Children are naturally Easter People.



“We can say ‘Alleluia’ again!” one of my children joyfully announced last Easter morning. That’s what Jesus gave us on that first Easter: A reason to shout, “Alleluia!”, a reason to hope. This is what my children give me too. Children are hope. They are happiness. Joy personified as they gleefully hunt for Easter eggs. Sometimes they are a messy version of happiness with mud splatters all over their new clothes or crayon scribbles on my walls. They are a constant reminder that the future is worth investing in and believing in, even when the forecast calls for cloudy skies ahead. It’s better to put your hope in the sun than to resign yourself to a storm that may never come.

**Children are naturally Easter people.** They don’t need an Easter meditation or homily to remind them to choose joy. Like Jesus, they give life to the world and show us all how to live as well as how to love, deeply and without abandon. They give me my share of Lents. I have sacrificed much as a mother, but I’ve been given far more in return. They chip away at this hard shell of mine, and they help me to discover the surprise that lies within. They bring out a new life in me; they bring out the Christ in me. Little things that offer big explosions of grace and joy, I look beyond the messiness and there they are: My children, my daily Easter – frequent reminders to rejoice, to trust, to believe, and to sing “Alleluia!” again and again.

Source: [Catholicexchange.com](http://Catholicexchange.com)

Today, Jesus is alive, and the tomb is empty. He is no longer in the grave. I pray as he has risen, there will be a recovery of every lost thing in your life.

**Happy Easter!**



*From* MR. ELTON DE ALMEIDA  
LONDON, UK

# Fascinating Easter Traditions From Around the World

Jasmine Mahoro

While Easter may conjure up visions of colourful eggs and chocolate bunnies, different countries mark the holiday with their own Easter traditions. From kite flying to pot throwing, here are some of the unique ways that Easter is celebrated around the world.



## Portugal: Easter Almonds

In Portugal, people gift each other almonds also known as amêndoas for Easter. The tasty treats come in all colours and coating such as hard candy, chocolate or caramelized sugar. It's tradition for godchildren to give their godparents a stalk on Palm Sunday (the Sunday before Easter) and for godparents to give almonds in return on Easter Sunday. The egg-shaped almonds are said to represent the beginning of life and the spring season.



## Bermuda: Kite Flying

The sky's the limit when it comes to Bermuda's Easter traditions. To celebrate the holiday, Bermudians gather to fly homemade kites made using wooden sticks and decorative tissue paper, with the bright geometric designs in the sky symbolizing Jesus's ascension into heaven. This Easter tradition is paired with a feast of codfish, hot cross buns and sunrise services on the beach.



## Guatemala: Colourful Carpets

The cobblestone roads in Antigua, Guatemala, are transformed into colourful carpets to mark Easter. The stunning rainbow-hued pathways are made using coloured sawdust, vegetables and flowers and can stretch up to 800 metres long. Local artists use stencils to create the elaborate patterns and scenes covering traditional and religious themes. One has to feast their eyes on the display while they can, as the Good Friday procession over the carpets are followed by a clean-up team that sweep up all the remnants of the art.



## Finland: Easter Witches

This Nordic country's Easter traditions have a dash of Halloween sprinkled in the mix. To celebrate the holiday, Finnish children dress up like witches and go knocking door-to-door reciting a traditional rhyme wishing neighbours a healthy year in exchange for a chocolate egg or coin. Willow twigs decorated with colourful feathers and paper are also carried to drive away evil spirits. The tradition stems from the belief that evil spirits and witches used to wander around the streets misbehaving before Easter.



## Italy: Fireworks Explosion

You might need a pair of earmuffs if you're in Florence on Easter Sunday. The holiday starts off with a literal bang as locals gather to celebrate the 350-year-old Easter tradition of Scoppio del Carro, or "Explosion of the Cart." A pair of oxen adorned in garlands pull a three-storey high wagon filled with fireworks through the streets to the front of the cathedral, accompanied by drummers, flag throwers and people in historical costumes. During Easter mass, the Archbishop of Florence lights a fuse that sends a dove-shaped rocket down a wire to the cart, igniting a vibrant firework show. This extravagant custom dates back to the First Crusade and is meant to ensure a good harvest.



## France: Giant Omelette

In France, Easter traditions are a case of "go big or go home." Since 1973, members of the Brotherhood of the Giant Omelette have gathered in Bessières, France, to cook an omelette made up of over a whopping 15,000 eggs. This tasty tradition is kept alive by an association of volunteer cooks who use oar-like wooden spoons and a four metre wide pan to prepare the feast over a large fire in the town square. The mouth-watering event attracts thousands of people every year, who gather to watch and wait for a taste.

How did this begin? The legend goes that when French military leader Napoléon Bonaparte and his army stopped to rest for a night near the town, he ate an omelette so delicious that he ordered the townspeople to gather all the eggs they had to prepare a giant version for his army the next day.

## Australia: Chocolate bilbies

In 1991, the non-profit Rabbit-Free Australia launched a campaign to replace the rabbit with the endangered bilby. The big-eared marsupial is under threat due to an increase in predators and European wild rabbits taking over their habitats. Candy makers have taken to crafting chocolate and candy Easter bilbies in an effort to save the animal, with a portion of the proceeds going towards conservation organizations like the Save the Bilby Fund.



## Greece: Pot smashing

On Easter Saturday morning, residents of the Greek island Corfu throw clay pots from their balconies onto the street. This noisy, therapeutic custom is performed to symbolize the earthquake that followed the resurrection of Jesus. Others believe the tradition started in the 16th century when old belongings were thrown out the window to prepare for the new year.

## Czech Republic: Whipping

The Czech whipping tradition known as pomlázka takes place on Easter Monday. Men visit female family members or friends, and tap them with “whips” made from braided willow branches wrapped with colourful ribbons. Although not intended to be painful, the tradition is said to bring the women vitality and fertility, symbolically transferred through the branches of the willow tree; the first tree to bloom in the spring. In exchange, men get painted eggs or chocolate and for those of age, an alcoholic shot for the road.



## Poland: Water fights

Easter Monday in Poland is also known as Wet Monday. Traditionally, boys soak the girls on Monday, with the girls seeking revenge the following day. The weapons of choice range from empty soap bottles to water balloons. Although the tradition’s origin is uncertain, the use of water may represent the spring rains, which ensure another successful growing season.

Source: [readersdigest.ca](http://readersdigest.ca)



**May this day bring you  
blessings of love, joy, peace and  
hope. May it linger in your  
heart forever.**

**Happy Easter!**



*From* **MR. LESTER DE ALMEIDA  
LONDON, UK**



*I hope that Easter will give you a reason to  
celebrate and enjoy the resurrection of life.  
Happy Easter!*



*From MR. & MRS. DAYAN, JENNIFER, ALVAR O & ADAM FERRÃO  
TALEIGAO, GOA*

# Easter Inspiration from our children!

Our contest for children required them to send in an Easter egg designed by them, using any form of art or craft. Here are the joyful entries. We thank both children who participated.



**Jaelynn Dorothy Dmonte**

5 years

Granddaughter of John & Cynthia

Rosario

CFM Bangalore

Group 8

**Isabella Francis**

11 years

Granddaughter of

Jennifer Francis

CFM Bangalore

Group 3





# CIRILO'S GUEST HOUSE, GOA



cirilsguesthouseGOA



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## STUDIO ROOMS WITH AC

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*May the risen Christ bring you and  
your family abundant happiness.*

*Have a blessed Easter.*





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*Easter is meant to be a  
Symbol of hope  
renewal and new life*



# Brothers In Arms



*Easter gives us yet another reason  
to be thankful to God.*

*Have the joy of the coming of  
Christ be filled in your heart  
and bring peace into your life.*

*Have a Blessed Easter.*

**FOR BOOKING CONTACT: YOLANDA 9822156569**



# CFM India AGM 2022

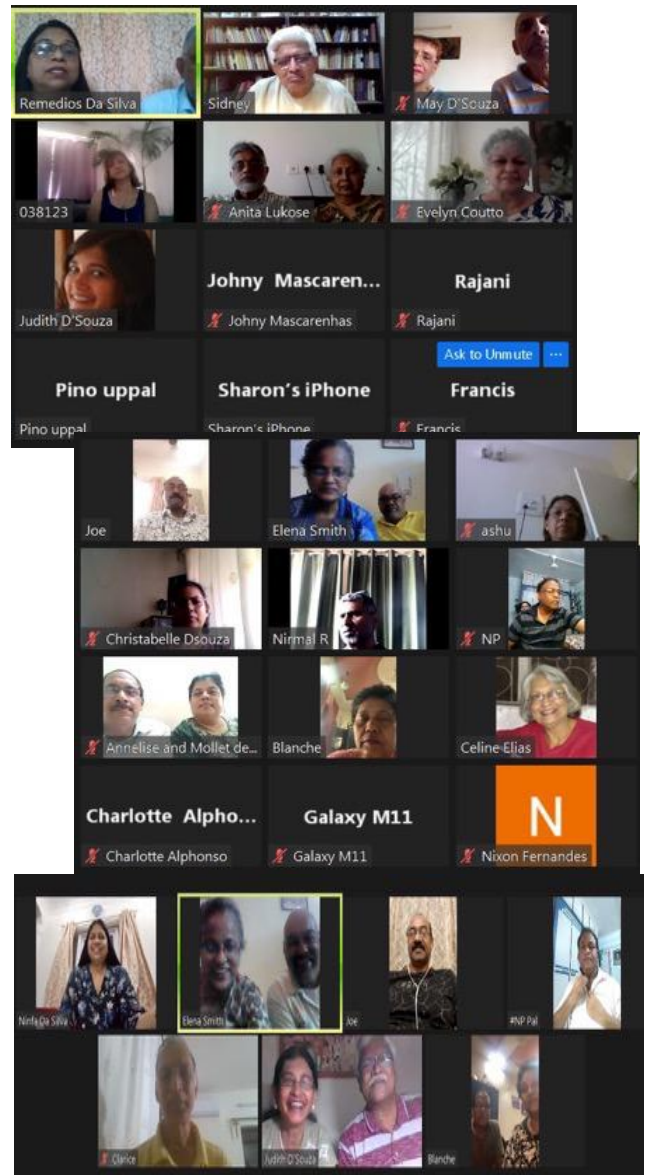


## Blanche D'Souza, National Secretary

The 11<sup>th</sup> Annual General Meeting of the Christian Family Movement was held online via Zoom on Sunday, 20<sup>th</sup> March 2022. 32 CFMers, including all the Members of the Executive Committee and the Regional President Couples, attended the meeting.

The Meeting began at 11 am with a prayer by our National Chaplain Friar Sidney J M Mascarenhas, after which all Members joined in the prayer for the Christian Family Movement. A minute of silence was observed in memory of the deceased CFM members. Thereafter, the National President Couple, Ninfa and Remedios Da Silva welcomed those present and hoped that the next AGM would be a personal meet in Mumbai.

- The minutes of the CFM National AGM 2020 was read by the National Secretary Couple, Blanche and Basil D'Souza.
- The Annual Report was presented by the National President, Ninfa Da Silva with the help of an interesting power point presentation.
- The Audited Accounts for the Financial Year 2020-2021, Balance Sheets of Bangalore, Goa and Mumbai Regions was presented by Joe D'Almeida, our National Treasurer.
- Joe also presented the Projected Income & Expenditure account for the period April 2021 to March 2022. Ninfa requested all CFMers to help make up the amount required for the proposed expenses.



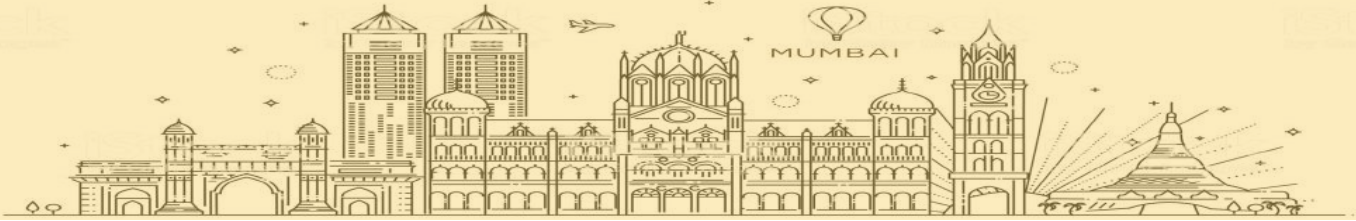
- The Regional President Couples then reported on their Regions' activities for the period April 2021 to March 2022.
- Ninfa acknowledged the contribution by several CFMers, especially Fr. Arul Raj for providing the Zoom facility and Suja and Kenneth for being the co-hosts for the AGM.
- The AGM concluded around 1 pm with the Closing prayer.



# Regional News: Mumbai

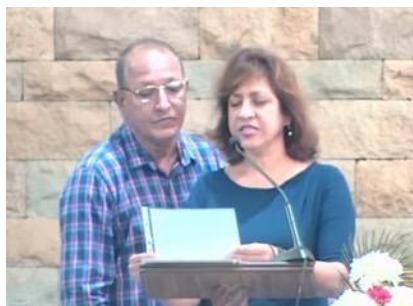


## Sharon & Francis D'Souza, Mumbai President Couple



### 1 Valentine's Day

Valentine's Day was celebrated amongst us CFMers, families and friends on 12th Feb 2022. It was a fun filled evening with lots of games, prizes and dancing.



### 2 World Marriage Day

World Marriage day was celebrated as an online mass. Only CFM and Family Cell members were invited to participate along with 3 couples, one who were recently married with a little baby, one couple married for 17 years and a golden couple married for over 50 years.

They each gave their testimonies and shared how communication is the key to a healthy marriage, keeping their work stress outside the door, still keeping in touch with the married children and the importance of family prayers for a healthy family life.

### 3 Incoming Mumbai Region President and Vice President Couple

As per meeting held on 21st Feb, 2022, Sharon D'Souza proposed May and Harold D'Souza for the next CFM Mumbai Region President Couple. It was seconded by Blanche D'Souza and agreed by all.

At the meeting held on 26th March 2022, Christabel and Herman D'Souza were elected as the Regional Vice President Couple.

They will both assume office from 1st April 2022 onwards



May and Harold D'Souza  
President Couple  
Mumbai Region



Christabel and Herman  
D'Souza  
Vice President Couple  
Mumbai Region



# Regional News: Bangalore



## Vrinda & Nirmal Raj, Bangalore President Couple



### EC Meeting

The New OB team of CFM Bangalore conducted their first EC Meeting on Saturday 12 March, 2022 at 4pm, in the CFM Office, Bangalore. As the new Regional President, Nirmal Raj explained that the purpose of the meeting was to brain storm on the vision and mission of CFM to work towards making this organization vibrant so that there is a positive impact in Christian families. The meeting began with praise and worship lead by Rajani Pereira. Friar Sydney Mascarenhas addressed the members, encouraging them to come up with answers to the queries posed during the session.

Nazarius Manoharan facilitated the brain storming session. The first set of Questions posed were: Who are we? Why are we here? Where do we want to go? How do we get there? The second exercise was: Writing the mission, vision and purpose. With each section (eg mission) having a set of questions of their own.

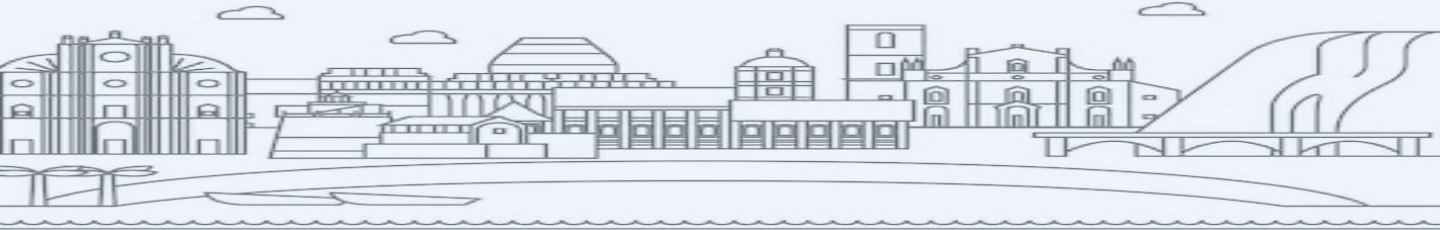
Different views and opinions were given by members present, which were documented. Nazi concluded by urging those present to ponder over the points brought out during this discussion and ideate on where do we as CFM want to go and how do we get there. Nirmal concluded the meeting, thanked all who attended the Meeting and requested them to email their thoughts to him. He also suggested forming a CFM advisory Whatsapp Group.





# Regional News: Goa

Annelise & Mollet de Sa, Goa President Couple



## 1 Thanksgiving prayers

On 30th Dec 2021, Porvorim unit of CFM met online for Thanksgiving prayers, thanking God for all the blessings during the year 2021.

## 3 Meeting with Diocesan Centre for Lay Apostolate

On 23rd January 2022, Annelise and Mollet attended the meeting of Diocesan Centre for Lay Apostolate to discuss how our movement can reach out to families. An overnight session on 26th and 27th February was planned. Sandra/Albano and Annelise/Mollet represented CFM at this meet, which included a brain storming session on how Lay Associations can collaborate and reach out to troubled families. Various sessions are planned to be held in Parishes where we will volunteer our services.

## 2 Planning for 'World Meeting of Families

On 21st January 2022, Goretti/Nixon Fernandes, Ninfa/Remedios de Silva and Annelise/Mollet de Sa attended a meeting organized by the Diocesan Family Service Centre along with other Family Associations to discuss and plan the program for "World Meeting of Families" to be held from 22nd - 26th of June 2022. Rosary with special intentions (to be prepared by us) for families, SSC's, Church as a spiritual preparation, Seven sessions on Family Catechesis are to be prepared by CFM which is to be held at various Deaneries.

## 4 Session on Financial Investments

On 27th February 2022, Marcel Fernandes of our Porvorim unit used his expertise to share information on financial investments with all Goa CFMers. He gave a detailed presentation with examples and made such a complex subject simple and easy to understand. It was well appreciated by all our members. This was the first of the series of sessions planned by Marcel

## 5 Lenten Prayer Service

On 18th March 2022, Mercedes unit of CFM organized a Lenten prayer service in the Church Prayer room for their members. It was well attended. They began with the Way of the Cross conducted by the Children of CFMers, Chaplet of Mercy, Adoration and followed by intercessory prayers. There were special prayers for the ongoing war and pandemic to end. At the end the Asst Parish Priest Fr. Pinho blessed the gathering.



## 6 Pre-Synod Meet

On 18th - 19th February 2022, Ninfa da Silva and Annelise de Sa represented CFM at the Pre Synodal meet held by the Archdiocese of Goa.

# Memorial Service for CFMer Mr. Tiago D'Souza

Losing a loved one is always a heart-breaking experience, more so in these trying times when family members are overseas and cannot make it for the final goodbye. Such was the case with the children of late Tiago D'Souza, our CFM member, from Porvorim. Agnes, his wife, was heart-broken and so were their 4 children, 3 of whom were abroad. Our CFM group decided to hold an on-line Memorial Service for Tiago about a week later, to give the family an opportunity to express their unsaid feelings, and thereby to have some sense of closure.

The Memorial Service was held on Zoom on Sunday 16<sup>th</sup> January, 2022. It was conducted by Christine and Marcel Fernandes of the Porvorim group, and was like one big family coming together to celebrate the life of Tiago. Our Group Leader welcomed the family. Hymns were sung, followed by a eulogy and prayers.

Agnes spoke about the God-fearing nature of her husband. The children and grandchildren shared heart-warming messages and experiences that they had had over the years with Tiago- his love for them, his caring nature, his sacrifices, his mentoring and so much more. One very significant point is that Tiago always told his children not to weep at the grave but to do whatever they could when the person was alive. A nice video was made by their son and played at the service.

CFM members shared fond memories of Tiago - how he was a man of faith, kind and gentle in his ways. He, together with Agnes, instilled in their children strong Christian values, as we learnt from them during our CFM meetings. He worked for several years in Saudi Arabia, and also served as a Pastor there, opening his home for religious services and Bible sharing, which involved a certain amount of risk, but he took it head on, which was very commendable.

On a personal level, I knew Tiago to be generous and ever-willing to help the poor. He would never say no when a genuine need arose. He helped out a poor woman from Chhattisgarh with little children, whose daily-wage earning husband was electrocuted in Porvorim, as well as two poor cancer patients and one woman on dialysis.

Agnes and her family will miss Tiago, but we know they will cherish his memory and let it live on.



*in loving memory of*

**TIAGO D'SOUZA**  
CFM GOA  
HUSBAND OF AGNES

EXPIRED ON  
6<sup>TH</sup> JANUARY 2022

*May his Soul  
rest in Peace*

**Contributed by Creina D'Mello**



# Milestones



Carmen and Cyril D'Souza, from CFM Porvorim, celebrated the marriage of their son, Clovis D'Souza to Malavika, on 15<sup>th</sup> Jan, 2022.



Tina and Tito Soares (CFM Mercedes) are delighted to share the news of the birth of their grandson, Shayne Dias do Rosario, son of Pranoy Dias do Rosario and Tacita Soares.  
Born: 30<sup>th</sup> Dec, 2021



# Milestones



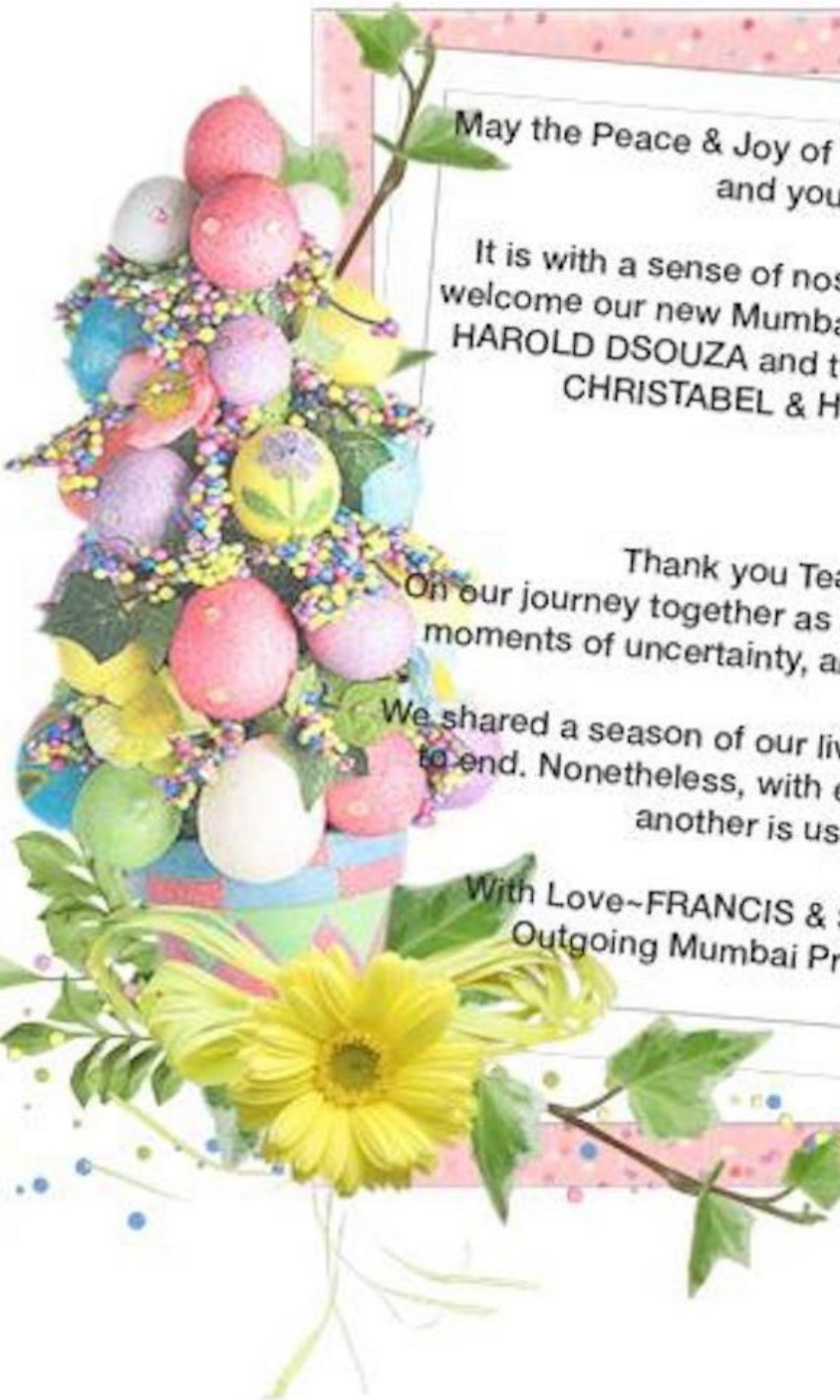
Judith and Richard D'Souza, CFM Bangalore, celebrated their 40th Wedding Anniversary (Ruby) on 13th February 2022.



Maria and Sergio Gonsalves from Porovim CFM, Goa at the baptism of their grandchild, Macarius, son of Melwin and Cynthia Faleiro. Born: 26<sup>th</sup> Nov, 2021







May the Peace & Joy of the Risen Lord be with you  
and your families.

It is with a sense of nostalgia and pride that we  
welcome our new Mumbai President couple MAY &  
HAROLD DSOUZA and the Vice President couple  
CHRISTABEL & HERMAN DSOUZA

Thank you Team Mumbai.  
On our journey together as a group, we shared many  
moments of uncertainty, anxiety, fun and laughter.

We shared a season of our lives, but every season has  
to end. Nonetheless, with each season that ends,  
another is ushered in.

With Love~FRANCIS & SHARON DSOUZA  
Outgoing Mumbai President Couple



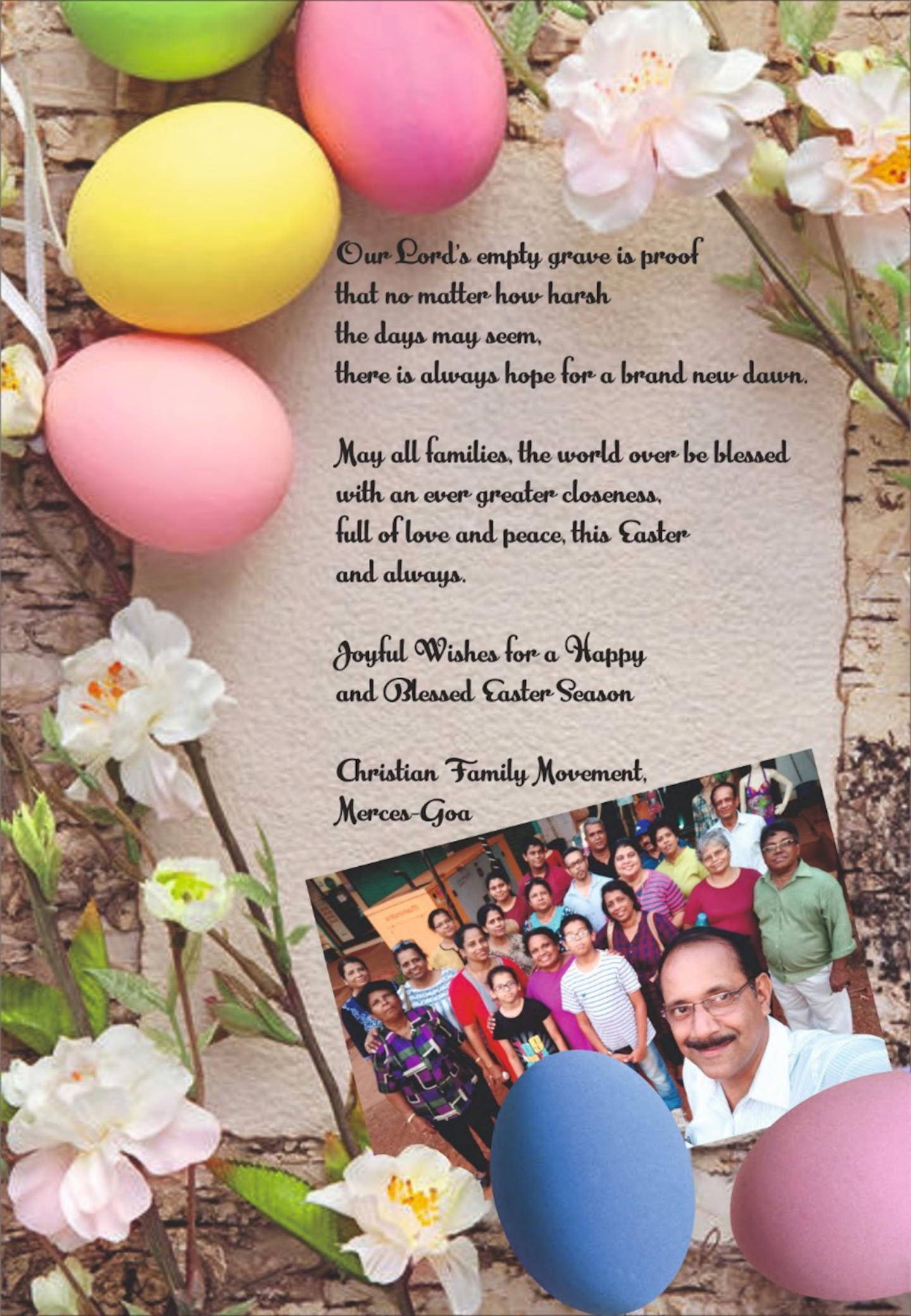


# HAPPY EASTER

*Wishing you and your family  
all the joy and wonder this  
special holiday brings!*

*From* MR. & MRS. JOE & SARITA DE ALMEIDA  
TALEIGAO, GOA.





*Our Lord's empty grave is proof  
that no matter how harsh  
the days may seem,  
there is always hope for a brand new dawn.*

*May all families, the world over be blessed  
with an ever greater closeness,  
full of love and peace, this Easter  
and always.*

*Joyful Wishes for a Happy  
and Blessed Easter Season*

*Christian Family Movement,  
Merces-Goa*







*Easter teaches us the meaning  
of faith and what it is to  
feel the Lord's blessing in our lives.*

*From*  
**AMAZING GRACE MISSION**



# THE FINISHED WORKS OF THE CROSS

Jesus said IT IS FINISHED.

HIS work was done. We are therefore now



---

Wishing you all a blest and glorious  
Easter.

- Rajani, Caroline, Araveena and families.



Amazing

Grace

That first

Easter morning.

God filled the earth

with hope so real,

joy so pure

and love so true –

our hearts

still rejoice today.

Happy Easter  
and God Bless

from CFM-Bangalore Group 4





Christ's Resurrection  
offers a promise  
of renewed life.  
Go out & spread the  
Good news for  
Christ has risen!



Happy Easter from  
CFM Bangalore Group 9



